

A message to parents:

Preventing is a tough job! Moms and dads never stop worrying about their children.

Because parents cannot always be with their kids, they sometimes have to trust the children's intelligence and good judgment.

Accidents involving children can be prevented, and children can be educated to avoid accidents.

Most dangerous situations that kids face occur in their own neighborhoods:

- walking to and from school.
- playing at a local playground or park.
- shopping in a large store or mall.
- or being home alone when there is no trusted adult nearby.

These safety tips are provided to help parents and children prevent tragedies before they happen. Please take time with your family to discuss the safety information in this brochure. Through education, perhaps we can help to save a life.



Instruct your child to avoid dangerous situations

1. **Take the time to talk with your child about potentially dangerous situations.** Review how each situation should be handled.
2. **Teach your child to never enter a car, empty building or the home of anyone they don't know.**
3. **Explain that dangerous people may pretend to be nice to trick children into leaving with them.**

4. Keep a current home file on each child in your family:

- note height, weight, identifying marks; favorite places; addresses and telephone numbers of friends.
- update the photographs periodically (several times a year for very young children).
- obtain fingerprints of each child for your records through a law enforcement official or qualified professional.



5. **Tell your children to get away quickly if someone tries to abduct them.** Tell them to yell "FIRE" or "THIS IS NOT MY PARENT" loudly and scream to attract attention.
6. **Check your child's route to and from school.** Inform the principal of the names of those authorized to pick up your child from school. Establish a family code word and change it often.
7. **Never put your child's name on the outside of clothing, notebooks or caps where it can be easily seen by others.**

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Beware of household poisons

Poisons can cause illness or even death if tasted, touched or inhaled. Caution your child against touching, tasting or smelling anything that is unfamiliar.

Most poisoning accidents involve small children who are too young to read warning labels and put everything in their mouths.

Keep medicines in a locked cabinet, away from all food cupboards and out of the reach of children.

Never give medicine to anyone other than the one for whom it was prescribed.

Keep medicines in their original containers, clearly marked and tightly closed.

Carefully store household cleaners and polishes out of the reach of children.

Correctly follow label instructions when using cleaners or chemicals.

Caution children that many poisons look like food. Emphasize the harm poisons cause.

In case of an accidental poisoning stay calm. Call a hospital, doctor or poison control center immediately! Try to identify the poison taken. Take the container with you to seek help.



CAUTION

your child about alcohol and other drugs.

- **Only sick people need drugs.**® Drug use for any other reason can cause long-lasting negative effects on the body. You've only got one body, it's got to last a long, long time.®
- **Avoidance prevents alcohol and other drug abuse before it begins.** Empower children with confidence and self-esteem by teaching them to make wise decisions at a young age.
- **Encourage positive attitudes and values** through love, affection, attention and understanding

- **Set a good example by not abusing alcohol or other drugs.** A parent's actions speak louder than words. Children learn by observation.
- **Listen to your children.** Provide the help and understanding they need if tempted by alcohol and other drugs.

Being a safe walker



Explain traffic signs, rules and other dangers encountered as a pedestrian.

Teach your child how to cross the street at the corner by obeying the green, red and yellow traffic lights.

Caution your child not to dart into the street between cars. Explain that a driver cannot always see a child coming.

Instruct children to play in supervised parks or playgrounds only and to never chase balls into the street.

Good Bicycle Safety Habits

Instill good bicycling habits. Teach children proper bike maintenance and care. A light, license and reflectors are required by law. Equip their bikes with reliable brakes, sturdy wheels, good tires and handle grips.

Inform your child that a bike rider is considered a driver by law and must obey the same rules, traffic signs and signals as motorists. Teach children the meaning of traffic signs and the rules of the road.



Explain that only one rider belongs on a bicycle built for one. Ride with both hands on the handlebars except when signaling.

Ride on the right hand side of the road or bicycle path in a single file. If you must ride at night, wear light-colored or reflective clothing and use the headlight.

Always wear an approved bicycle helmet and the proper safety gear.

Educate your child about the hand signals used by bicyclists to indicate right or left turns and stopping.